

# THE CHARIOTS OF ISRAEL INDEPENDENCE DAY

## "What to the slave is the Fourth of July?"

YES ISRAEL YOU READ THE HEADLINE CORRECTLY **"THE SLAVE"**. IT MAY BE A HARD PILL TO SWALLOW BUT THE TRUTH OF THE MATTER IS WE ARE STILL IN CAPTIVITY.

ON JULY 5, 1852, FREDERICK DOUGLASS GAVE A KEYNOTE ADDRESS AT AN INDEPENDENCE DAY CELEBRATION AND ASKED, **"WHAT TO THE SLAVE IS THE FOURTH OF JULY?"** DOUGLASS WAS A POWERFUL ORATOR, OFTEN TRAVELING SIX MONTHS OUT OF THE YEAR TO GIVE LECTURES ON ABOLITION. HIS SPEECH WAS DELIVERED AT AN EVENT COMMEMORATING THE SIGNING OF THE DECLARATION OF INDEPENDENCE, HELD AT CORINTHIAN HALL IN ROCHESTER, NEW YORK. IT WAS A SCATHING SPEECH IN WHICH DOUGLASS STATED, "THIS FOURTH OF JULY IS YOURS, NOT MINE, YOU MAY REJOICE, I MUST MOURN."

### Gin Stand Improvement.

I HAVE become interested in the Fuku Improvement on the Cotton Gin, for the counties of Yazoo and Madison. Orders left at the Post Office in Yazoo City, directed to me will meet prompt attention.

Feb. 29.41;kf THOMAS OLIVER

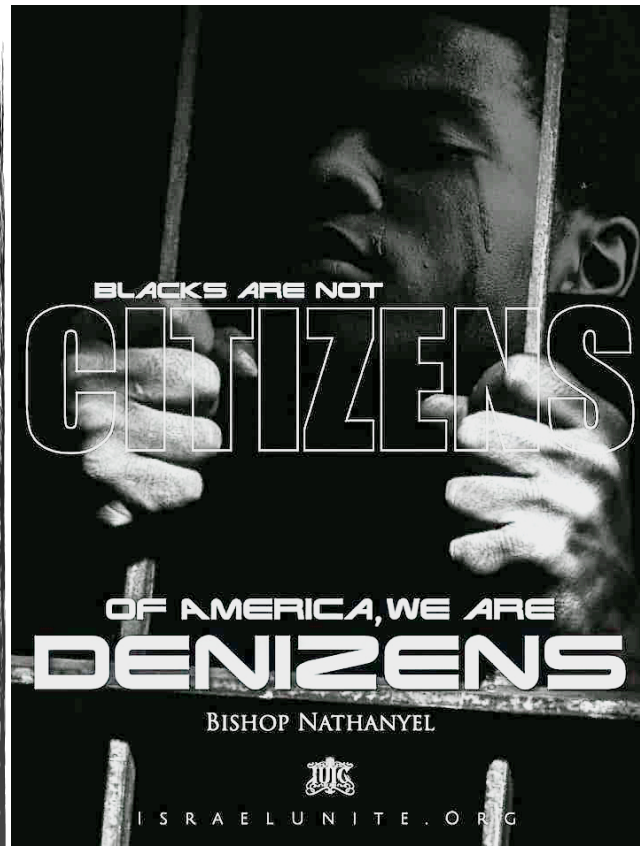
### NEW ADVERTISEMENTS

#### Slaves for Sale!

I HAVE FOR SALE, TEN likely young Virginia and Carolina Negroes, for which I will take New Orleans acceptances at six or nine months. Among them is a very superior Cook, a good plantation Seamstress.

Refer to S. V. Mitchell, Es., Cash'r Com. Bank, or Messrs. Barksdale & McFarland.

Yazoo City, July 4, 1856.



THE SLAVE MIND ( ISRAELITES ) HAS ASSIMILATED WITH THE NATIONS ROUND ABOUT THEM.

#### WHAT DOES ASSIMILATION MEAN?

THE STATE OR CONDITION OF BEING ASSIMILATED, OR OF BEING ABSORBED INTO SOMETHING. **THE PROCESS OF ADAPTING OR ADJUSTING TO THE CULTURE OF A GROUP OR NATION**, OR THE STATE OF BEING SO ADAPTED: ASSIMILATION OF IMMIGRANTS INTO AMERICAN LIFE.

THIS ASSIMILATION HAS LEAD US INTO BELIEVING WE ARE ACTUALLY CITIZENS AND NOT BEING HELD CAPTIVE BY OUR OPPRESSORS.

OUR HISTORY HAS SHOWN US THAT THE NATIONS AROUND US PUSHES ASSIMILATION.

**1 MACCABEES 1: 41 - 43**

MOREOVER KING ANTIOCHUS WROTE TO HIS WHOLE KINGDOM, THAT ALL SHOULD BE **ONE PEOPLE**,

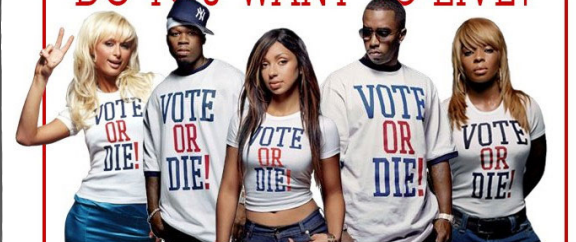
AND EVERY ONE **SHOULD LEAVE HIS LAWS**: SO ALL THE HEATHEN AGREED ACCORDING TO THE COMMANDMENT OF THE KING.

YEA, **MANY ALSO OF THE ISRAELITES CONSENTED TO HIS RELIGION**, AND SACRIFICED UNTO IDOLS, AND PROFANED THE SABBATH.

## Signs of Assimilation



### DO YOU WANT TO LIVE?



WHEN WE ASSIMILATED THIS IS THE RESULT.

**1 MACCABEES 1: 49**

TO THE END THEY MIGHT **FORGET THE LAW**, AND CHANGE ALL THE ORDINANCES.

LEADERSHIP TALKS  
CURRENT EVENTS  
MY DAILY PRAYER



SALT OF THE EARTH  
HEBREW HEALTH  
RESOURCE PAGE





### ISAIAH 29: 6

THOU SHALT BE VISITED OF THE LORD OF HOSTS WITH **THUNDER**, AND WITH **EARTHQUAKE**, AND GREAT NOISE, WITH **STORM AND TEMPEST**, AND THE **FLAME OF DEVOURING FIRE**.

ISRAEL TAKE NOTE, THE LORD IS VISITING THE EARTH. THE INTENSE STORMS AND TURMOIL IN THE EARTH IS THE MOST HIGH VISITING THE EARTH.



MASSIVE CALIFORNIA WILDFIRE



ATLANTIC HURRICANE SEASON

### 2 ESDRAS 9: 1 - 3

HE ANSWERED ME THEN, AND SAID, **MEASURE THOU THE TIME DILIGENTLY** IN ITSELF: AND WHEN THOU SEEST PART OF THE SIGNS PAST, WHICH I HAVE TOLD THEE BEFORE, THEN SHALT THOU UNDERSTAND, THAT IT IS THE VERY SAME TIME, WHEREIN THE HIGHEST WILL **BEGIN TO VISIT THE WORLD WHICH HE MADE**. THEREFORE WHEN THERE SHALL BE SEEN EARTHQUAKES AND **UPROARS OF THE PEOPLE IN THE WORLD**:



GEORGE FLOYD UPRISING



VENEZUELA PROTEST

### 2 ESDRAS 9:4

THEN SHALT THOU WELL UNDERSTAND, THAT THE MOST HIGH SPAKE OF THOSE THINGS FROM THE DAYS THAT WERE BEFORE THEE, EVEN FROM THE BEGINNING.

SO AS WHEN OBSERVE WORLD EVENTS, CONTINUE TO WATCH AND PRAY FOR OUR SALVATION IS NEAR.

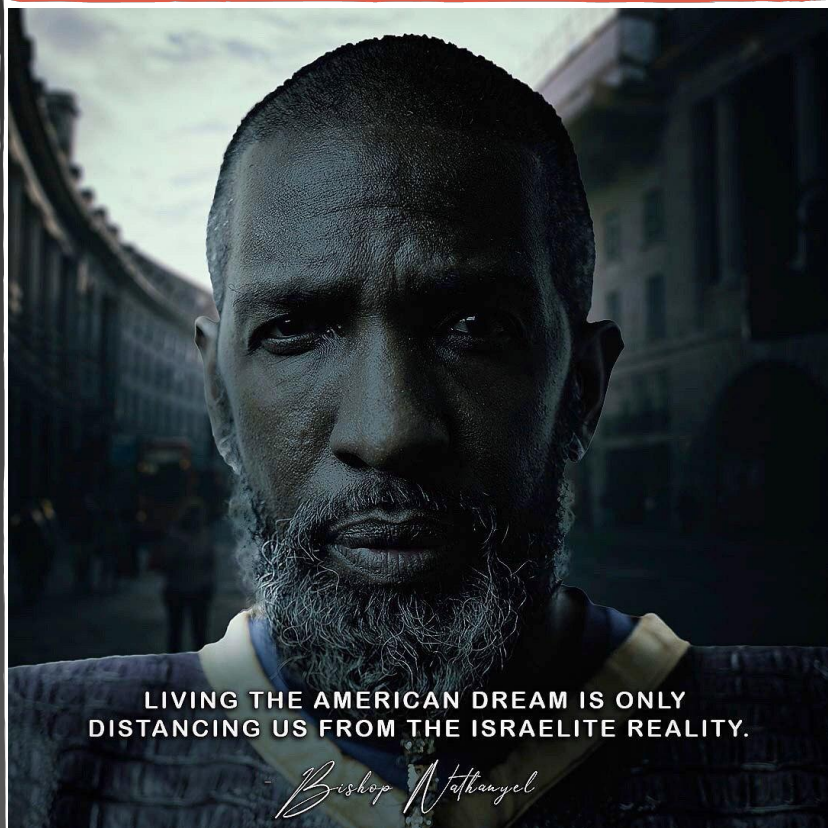
### LUKE 21:31

SO LIKEWISE YE, WHEN YE SEE THESE THINGS COME TO PASS, KNOW YE THAT THE KINGDOM OF GOD IS NIGH AT HAND.

## My Daily Prayer

### Baruch 5

PUT OFF, O JERUSALEM, THE GARMENT OF MOURNING AND AFFLICTION, AND PUT ON THE COMELINESS OF THE GLORY THAT COMETH FROM GOD FOR EVER. CAST ABOUT THEE A DOUBLE GARMENT OF THE RIGHTEOUSNESS WHICH COMETH FROM GOD; AND SET A DIADEM ON THINE HEAD OF THE GLORY OF THE EVERLASTING. FOR GOD WILL SHEW THY BRIGHTNESS UNTO EVERY COUNTRY UNDER HEAVEN. FOR THY NAME SHALL BE CALLED OF GOD FOR EVER THE PEACE OF RIGHTEOUSNESS, AND THE GLORY OF GOD'S WORSHIP. ARISE, O JERUSALEM, AND STAND ON HIGH, AND LOOK ABOUT TOWARD THE EAST, AND BEHOLD THY CHILDREN GATHERED FROM THE WEST UNTO THE EAST BY THE WORD OF THE HOLY ONE, REJOICING IN THE REMEMBRANCE OF GOD.



LIVING THE AMERICAN DREAM IS ONLY DISTANCING US FROM THE ISRAELITE REALITY.

*Bishop Nathaniel*

### II Chronicles 7:14

IF MY PEOPLE, WHICH ARE CALLED BY MY NAME, SHALL HUMBLE THEMSELVES, AND PRAY, AND SEEK MY FACE, AND TURN FROM THEIR WICKED WAYS; THEN WILL I HEAR FROM HEAVEN, AND WILL FORGIVE THEIR SIN, AND WILL HEAL THEIR LAND. NOW MINE EYES SHALL BE OPEN, AND MINE EARS ATTENT UNTO THE PRAYER THAT IS MADE IN THIS PLACE. FOR NOW HAVE I CHOSEN AND SANCTIFIED THIS HOUSE, THAT MY NAME MAY BE THERE FOR EVER: AND MINE EYES AND MINE HEART SHALL BE THERE PERPETUALLY.



JOHN 8:32 "AND YE SHALL KNOW THE TRUTH AND THE TRUTH SHALL MAKE YOU FREE."

## THE TRUTH ABOUT CARNIVAL

Galatians 5:19-21

19 Now the works of the flesh are manifest which are these; Adultery, fornication uncleanness, lasciviousness

20 Idolatry, witchcraft, hatred, variance emulations, wrath, strife, seditions, heresies

21 Envyings, murders, drunkenness revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.

The word **carnival** comes from the Latin word carne- the root word which means meat, flesh or carnal, fleshly, in or of the flesh, or worldly, not spiritual having to do with or preoccupied with bodily or sexual pleasures sensual or sexual.



**SAINT VINCENT AND THE GRENADINES**, ISLAND COUNTRY LYING WITHIN THE LESSER ANTILLES, IN THE EASTERN CARIBBEAN SEA. IT CONSISTS OF THE ISLAND OF SAINT VINCENT AND THE NORTHERN GRENADINE ISLANDS, WHICH STRETCH SOUTHWARD TOWARD GRENADA. THE ISLAND OF SAINT VINCENT LIES ABOUT 20 MILES (32 KM) SOUTHWEST OF SAINT LUCIA AND 100 MILES (160 KM) WEST OF BARBADOS. IT IS 18 MILES (30 KM) LONG AND HAS A MAXIMUM WIDTH OF 11 MILES (18 KM). THE LARGER ISLANDS OF THE GRENADINES ASSOCIATED WITH SAINT VINCENT ARE BEQUIA, CANOUAN, MAYREAU, MUSTIQUE, PRUNE (PALM) ISLAND, PETIT SAINT VINCENT ISLAND, AND UNION ISLAND.

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1 Peter 4:3

For the time past of our life may suffice us to have wrought the will of the Gentiles, when we walked in lasciviousness lusts, excess of wine, revellings, banquetings, and abominable idolatries:

Romans 13:13

Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying.

Leviticus 19:29

Do not prostitute thy daughter, to cause her to be a whore; lest the land fall to whoredom, and the land become full of wickedness

**Bacchanal:** 1530s (n.), "riotous, drunken roistering;" 1540s (adj.) "pertaining to Bacchus," from Latin **bacchanalis** "having to do with Bacchus (q.v.). Meaning "characterized by intemperate drinking" is from 1711; meaning "one who indulges in drunken revels" is from 1812.

**Bacchus** was an ancient Greek and Roman god of wine and revelry, it was earlier called **Dionysus** by the Greeks. The whole practice of drinking, drunkenness, carousing, revelling, bacchanal, bac-cha-nalia,

bacchante all goes back to the heathen god Bacchus

**ISRAEL UNITED IN CHRIST**

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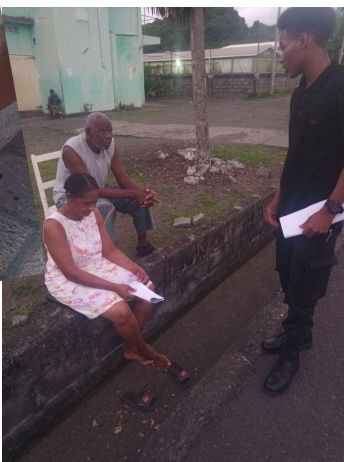


ST. VINCENT - COTTON FIELDS

BEGINNING IN 1719, FRENCH SETTLERS FROM MARTINIQUE GAINED CONTROL OF THE ISLAND AND BEGAN CULTIVATING COFFEE, TOBACCO, INDIGO, COTTON, AND SUGAR ON PLANTATIONS. **THESE PLANTATIONS WERE WORKED BY ENSLAVED AFRICANS.** IN THIS SAME YEAR, BLACKS AND AMERINDIANS REPELLED A FORCE OF 500 FRENCH SOLDIERS WHO, UPON LANDING, BURNED THE VILLAGES OF THE COAST AND DESTROYED THE PLANTATIONS.

2 Timothy 2:2

"And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also."





# RETURN TO GOD

*by Keeping the Commandments*

I have said, Ye are gods:  
and all of you are children of the most High.

Psalms 82:6

THOUGH THOU EXALT THYSELF AS THE EAGLE, AND THOUGH THOU SET THY NEST AMONG THE STARS, THENCE WILL I BRING THEE DOWN, SAITH THE LORD

OBADIAH 1:4

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# LUKE 18:7

AND SHALL NOT GOD AVENGE HIS OWN ELECT, WHICH CRY DAY AND NIGHT UNTO HIM, THOUGH HE BEAR LONG WITH THEM?

ISRAEL UNITED IN CHRIST

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## Scriptures of the Month

PSALM 19:7

**“THE LAW OF THE LORD IS PERFECT, CONVERTING THE SOUL: THE TESTIMONY OF THE LORD IS SURE, MAKING WISE THE SIMPLE.”**

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# PROVERBS 21:16

THE MAN THAT WANDERETH OUT OF THE WAY OF UNDERSTANDING SHALL REMAIN IN THE CONGREGATION OF THE DEAD.

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# MEDITATE DAY & NIGHT

PSALMS 1:2

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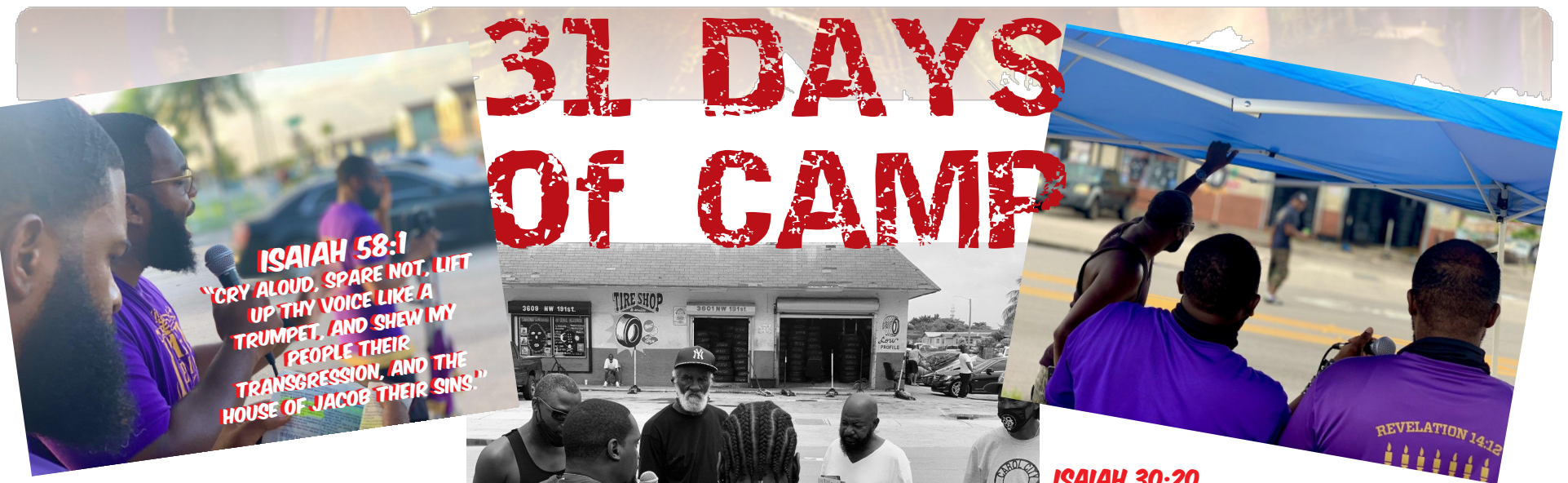
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# MATTHEW 10:16

KJV

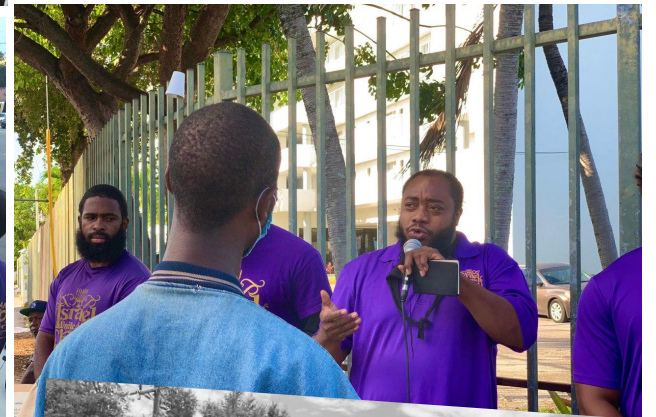
BEHOLD, I SEND YOU FORTH AS SHEEP IN THE MIDST OF WOLVES: BE YE THEREFORE WISE AS A SERPENTS, AND HARMLESS AS DOVES





**MATTHEW 15:24**  
"BUT HE ANSWERED AND SAID, I AM NOT SENT BUT UNTO **THE LOST SHEEP OF THE HOUSE OF ISRAEL.**"

**ISAIAH 30:20**  
"AND THOUGH THE LORD GIVE YOU THE BREAD OF ADVERSITY, AND THE WATER OF AFFLICTION, YET SHALL NOT THY TEACHERS BE REMOVED INTO A CORNER ANY MORE, BUT THINE EYES SHALL SEE THY TEACHERS."



**DANIEL 11:33**  
"AND THEY THAT UNDERSTAND AMONG THE PEOPLE SHALL INSTRUCT MANY:"





# Hebrew Health

SHALOM FAMILY MOST HIGH IN CHRIST BLESS YOU ALL,

TODAY, OUR FOCUS WILL BE ON ALKALINE. WE WILL BE DISCUSSING SOME KEY IMPORTANT FACTS.

WHAT IS ALKALINE?

WHAT IS YOUR ALKALINE LEVEL?

WHICH FOODS ARE HIGH IN ALKALINE?

## SO WHAT IS ALKALINE? HOW DOES IT AFFECT YOUR BODY?

ALKALINE IS WHAT DETERMINES YOUR PH (**POTENTIAL HYDROGEN**) LEVEL IN YOUR BODY. THE NUMBERS NORMALLY RANGE FROM 0 TO 14. ANYTHING UNDER 7.0 WOULD CONSIDER YOUR BODY AS ACIDIC AND ANYTHING HIGHER THAN 7.0 WOULD BE CONSIDERED ALKALINE.

THOSE LEVELS VARY THROUGHOUT YOUR BODY. YOUR BLOOD IS SLIGHTLY ALKALINE, WITH A PH BETWEEN **7.35** AND **7.45**. YOUR STOMACH IS VERY ACIDIC, WITH A PH OF **3.5** OR BELOW, SO IT CAN BREAK DOWN FOOD.

YOU MAY BE WONDERING, WHAT DOES THIS HAVE TO DO WITH MY DIET OR HEALTH? IT ACTUALLY HAS A LOT TO DO WITH YOUR HEALTH. HAVING AN ACIDIC PH LEVEL MEANS YOUR BLOOD IS MORE ACIDIC, WHILE A HIGH A HIGHER PH MEANS YOUR BLOOD IS NORMAL.

HAVING AN ACIDIC BODY IS KNOWN AS **ACIDOSIS**, WHICH OCCURS WHEN YOUR KIDNEY AND LUNGS CAN'T KEEP YOUR BODY PH BALANCE. IF YOUR KIDNEY AND LUNGS CAN'T GET RID OF EXCESSIVE ACID, IT COULD CAUSES SERIOUS HEALTH CONDITIONS.

FACTORS THAT CAN CONTRIBUTE TO YOUR RISK OF **ACIDOSIS** INCLUDE:

- \*A HIGH-FAT DIET THAT'S LOW IN CARBOHYDRATES
- \*KIDNEY FAILURE
- \*OBESITY
- \*DEHYDRATION
- \*ASPIRIN OR METHANOL POISONING
- \*DIABETES

NOW, LET'S TALK ABOUT SOME FOODS TO AVOID OR EAT TO INCREASE YOUR PH BALANCE.

A LIST OF HIGH-ACID FOOD AND DRINKS ARE SUGAR, CHOCOLATE, AND PROCESSED FOODS.

## Acidifying



Meat & Meat Products



Fish



All Sugars



Dairy



Grains



Grain Products



Chocolate



Coffee & Tea



Fruit Juice & Soda



All Alcohol

## Alkalizing



Vegetables!



Non-sweet Citrus



Some Fruits



Fresh Vegetable Juice

Sprouts

# Alkaline body VS ACIDIC body

YOU MAY BE ASKING, HOW I DETERMINE IF MY BODY IS MORE ALKALINE OR ACIDIC. THAT'S NORMALLY DONE THROUGH A URINE TEST. IT'S BEST TO BE DONE FIRST THING IN THE MORNING. THE URINE TEST MEASURES THE ACID IN YOUR BODY.

## 7 Most Alkaline Foods

If you made a smoothie or juice containing just 1/2 a cup of each of these seven ingredients it would give you:



|            |           |
|------------|-----------|
| Vitamin K  | 1326% RDA |
| Molybdenum | 13.5% RDA |
| Vitamin C  | 243% RDA  |
| Potassium  | 35% RDA   |
| Manganese  | 68% RDA   |
| Magnesium  | 32% RDA   |
| Vitamin A  | 386% RDA  |
| Fiber      | 47% RDA   |
| Calcium    | 22% RDA   |
| Iron       | 22% RDA   |
| Folate     | 66% RDA   |
| Vitamin B2 | 21.5% RDA |
| Vitamin E  | 16% RDA   |
| Vitamin B6 | 22.5% RDA |
| Vitamin B5 | 15.5% RDA |

ON THE OTHER HAND, AN ALKALINE BODY CONSIST OF ANYTHING GREATER THAN 7.0 OR HIGHER. A HIGH ALKALIZE BODY HELP FIGHT FREE-RADICAL DAMAGE AND INFLAMMATION WHILE SUPPORTING HEALTHY CELLULAR REGENERATION WITHIN YOUR BODY.

## Alkaline Breakfast Smoothie

ALKALINE INGREDIENTS USED: KALE, STRAWBERRIES, RASPBERRIES, BANANA, PLAIN YOGURT.

1 CUP KALE

1/2 CUP FRESH OR FROZEN STRAWBERRIES

1/4 CUP FRESH OR FROZEN RASPBERRIES

1 BANANA

1/2 CUP PLAIN GREEK YOGURT

1 CUP ORANGE JUICE



## Tropical Green Smoothie

ALKALINE INGREDIENTS USED: SPINACH, PINEAPPLE, MANGO, COCONUT, HONEY, PLAIN YOGURT, COCONUT WATER.

1/2 CUP SPINACH

1/2 CUP PINEAPPLE

1/2 CUP MANGO

2 TEASPOONS SHREDDED COCONUT

1 TABLESPOON HONEY

1/2 CUP PLAIN GREEK YOGURT

1/4 CUP COCONUT WATER



## Alkaline Protein Shake

ALKALINE INGREDIENTS USED: SPINACH, BANANA, PROTEIN POWDER, PLAIN GREEK YOGURT, ALMOND MILK.

2 CUPS SPINACH

1/2 BANANA

1 TABLESPOON PROTEIN POWDER

1/2 TEASPOON CINNAMON

1/2 CUP PLAIN YOGURT

1 1/2 CUPS UNSWEETENED ALMOND MILK





**ECCLESIASTES 7: 12**  
FOR WISDOM IS A DEFENCE,  
AND MONEY IS A DEFENCE:  
BUT THE **EXCELLENCY OF**  
**KNOWLEDGE** IS, THAT  
WISDOM GIVETH LIFE TO  
THEM THAT HAVE IT.

# MONEY MATTERS



CONGRATULATIONS,  
YOU QUALIFY FOR \$200,000!



THESE ARE THE WORDS YOU HEARD YEARS AGO BEFORE BUYING YOUR NEW HOME. DURING THESE PAST FEW YEARS YOU REALIZE THERE ARE A FEW THINGS YOU WOULD HAVE DONE DIFFERENTLY IN THE HOME. YOU'VE ALSO SEEN NEW HOME DEVELOPMENTS POP UP WITHIN 5 MILES OF YOUR HOME AND YOU'RE THINKING ABOUT UPGRADING. YOU WRESTLE WITH YOUR THOUGHT BECAUSE YOU DON'T WANT TO START A NEW MORTGAGE BECAUSE YOU'VE ALREADY PAID HALF OF THIS ONE DOWN. ALSO IF YOU TAKE A NEW MORTGAGE, YOU WILL BE IN YOUR RETIREMENT AGE BEFORE IT IS PAID OFF. SO WHAT DO YOU DO?

## HOME EQUITY LINE OF CREDIT (H.E.L.O.C)

A H.E.L.O.C IS A SECOND MORTGAGE THAT ALLOWS YOU TO PULL OUT UP TO 85% TO 90% (IN SOME SPECIAL CASES) OF THE HOMES APPRAISED VALUE. FOR EXAMPLE, IF YOU BOUGHT YOUR HOME FOR \$200,000 AND HAVE PAID IT DOWN TO \$100,000. TO KEEP IT PLAIN WE WILL ASSUME THE PROPERTY IS STILL WORTH \$200,000. IN THIS CASE YOU HAVE \$100,000 IN EQUITY (\$200,000 APPRAISED VALUE - \$100,000 LOAN PAID OFF = \$100,000 EQUITY). ANOTHER WORD FOR EQUITY IS PROFIT. AT THIS POINT YOU MAY QUALIFY TO APPLY FOR A HOME EQUITY LINE OF CREDIT. THE BANK WILL ALLOW YOU TO PULL OUT UP TO \$80,000 OF THE \$100,000 IN EQUITY.

\$200,000 APPRAISED VALUE X 0.85  
\$170,000 - \$100,000(WHAT YOU OWE)  
**\$70,000 (NEW HELOC LOAN)**

\$200,000 APPRAISED VALUE X 0.90  
\$180,000 - \$100,000(WHAT YOU OWE)  
**\$80,000 (NEW HELOC LOAN)**

A HELOC IS A GREAT OPTION IF YOU WANT TO MAKE SOME CHANGES WITH YOUR CURRENT HOME WITHOUT PULLING OUT ALL YOUR EQUITY. JUST BECAUSE THE BANK WILL GIVE YOU \$80,000 DOES NOT MEAN YOU HAVE TO TAKE THE FULL AMOUNT. MAYBE YOU ONLY WANT TO UPGRADE THE KITCHEN AND THE BATHROOMS AND IT ONLY COST \$20,000 TO DO SO. YOU HAVE THE OPTION TO DO SO. NOW THE HELOC DOES COME WITH AN INTEREST RATE. IN MOST CASES THE HELOC INTEREST RATE WILL BE HIGHER THAN YOUR CURRENT MORTGAGE INTEREST RATE.

HOWEVER, YOU ONLY PAY INTEREST ON WHAT YOU PULL OUT, KIND OF LIKE A CREDIT CARD. THIS PAYMENT IS IN ADDITION TO YOUR CURRENT MORTGAGE PAYMENT.

IF YOU WANT YOUR CAKE AND EAT IT TOO, USING THIS METHOD, USE THE FULL AMOUNT TO BUY AN INVESTMENT PROPERTY. WHAT TYPE YOU SAY, ONE THAT WILL GENERATE ENOUGH INCOME THAT WILL PAY THE INVESTMENT PROPERTY MORTGAGE AND PART OR ALL OF YOUR MORTGAGE. GET WITH A LOCAL REAL ESTATE BROKER THAT CAN GIVE YOU GUIDANCE IN THIS PROCESS. OR FEEL FREE TO CALL ME TO EXPLAIN THE BASICS OF THIS PROCESS, AND THEN WE WILL LINK YOU WITH A LOCAL PROFESSIONAL THAT WILL GIVE YOU MORE DETAILED KNOWLEDGE AS IT RELATES TO YOUR STATE AND AREA (DENNIS / UZZIEL 407.680.7496).

## REFINANCE YOUR HOME

A REFINANCE IS WHEN YOU SPEAK TO A MORTGAGE BROKER OR MORTGAGE BANKER ABOUT CHANGING THE TERMS OF YOUR LOAN. USING THE EXAMPLE ABOVE, LETS SAY IT TOOK YOU 10 YRS TO PAY OFF \$100,000 AND YOU ARE ONLY LOOKING TO PULL OUT \$40,000 OF YOUR EQUITY. WITH A REFINANCE YOU CAN PULL THE \$40,000 OUT CHANGING YOUR NEW LOAN TO \$140,000 AND STILL KEEP THE 20 YEAR PAYOFF TIME FRAME. THIS OPTION WILL INCREASE YOUR MONTHLY PAYMENT A BIT. FOR EXAMPLE, LET SAY YOUR MORTGAGE PAYMENT ON YOUR \$200,000 HOME IS \$1,100. YOU OWE \$100,000 BUT AS YOU KNOW, YOUR MORTGAGE PAYMENT STAY THE SAME UNTIL ITS PAID IN FULL. NOW, LETS ADD THE \$40,000 IN THERE WITHOUT CHANGING THE PAYMENT SCHEDULE. YOUR MONTHLY PAYMENT MAY CHANGE TO \$1,380.

THAT'S NOT A BAD OPTION RIGHT?  
HMMM.

WHAT IF YOU PULL THAT \$40,000 OUT AND EXTEND THE TERMS OUT 30 YEARS?

YOUR PAYMENTS MAY DROP TO \$950 A MONTH. WHICHEVER WAY YOU CHOOSE TO USE THE \$40,000 IS UP TO YOU. HERE ARE A FEW OPTIONS:

## ASSETS

- INVEST IN STOCKS
- BUY NEW HOME AND RENT THE OLD ONE
- SET UP CASH VALUE LIFE INSURANCE
- BUY AN INVESTMENT PROPERTY
- START A BUSINESS

## LIABILITIES

- PAY A CAR OR TWO OFF
- PAY FOR SOLAR PANELS
- UPGRADE AREAS IN YOUR HOME
- PAY OFF CREDIT CARDS
- PAY OFF STUDENT LOANS



AS YOU CAN SEE, THERE ARE MANY WAYS TO LEVERAGE YOUR CURRENT HOME WITHOUT CHANGING YOUR CURRENT LIFESTYLE. KEEP IN MIND THAT IT IS BETTER TO HAVE ASSETS THAT PAY FOR YOUR LIABILITIES. IF YOU HAVE A MORTGAGE ON A HOME AND LIVE THERE, AND THAT HOME DOES NOT PRODUCE INCOME, THE HOME IS AN ASSET BUT THE MORTGAGE IS YOUR LIABILITY. NOW IS THE TIME FOR YOU TO CHANGE THAT. THE ABOVE INFORMATION WILL HELP YOU START THAT PROCESS. HOWEVER, THERE ARE MANY DIFFERENT PATHS TO REACH THE SAME GOAL. IF MONEY IS A DEFENSE, LETS START USING IT THAT WAY.





## Motherhood the Journey...

BY DEBORAH ISRAEL HO RAZIS

SHALOM FAMILY MHNCB YOU ALL.

AS PARENTS, WE HAVE OUR CHILDREN TO CARE FOR IN THESE LAST DAYS AND TRYING TIMES. WE MUST MAKE SURE WE ARE KEEPING THESE LAWS, SENDING UP PRAYERS TO THE LORD, AND KEEPING THE FAITH IN CHRIST AND ENDURING!

AS MOST OF YOU KNOW, I AM A FIRST TIME MOTHER AND HAVE LEARNED A LOT SINCE BEING ONE. THERE ARE PLENTY OF TRIALS A MOTHER GOES THROUGH THAT WE DON'T CONSIDER PRIOR TO BEING PREGNANT. QUESTIONS TO ASK YOURSELF ARE; HOW ARE YOU GOING TO BE WHEN YOUR CHILD GETS SICK FOR THE FIRST TIME? HAS A FLARE UP? ALLERGIC REACTION? OR GETS HIS/HER FIRST SCRAPE LEARNING TO RIDE THEIR BIKE? ARE YOU GOING TO FRET, PANIC, OR BE QUICK TO CURSE THE LORD?



BEING CHILDREN OF THE LORD ENDEAVORING IN THIS TRUTH, WE LEARN WE MUST PUT OUR WHOLE TRUST IN THE LORD. NOT A LITTLE BIT ON THE SABBATH DAY OR ON A FEAST DAY BUT, EVERYDAY AND ALL DAY WE SHOULD BE PUTTING OUR FAITH IN THE LORD IN ALL OUR WAYS. THAT MEANS WEeping AND WORRYING TO THE POINT OF YOU STRESSING OUT IS A NO NO. DON'T GET ME WRONG, WE ALL HAVE BEEN THERE, EACH TIME A SITUATION COMES OUR WAY WE MUST REMEMBER WHAT THE SCRIPTURES SAY AND APPLY. I SAY THAT BECAUSE I'VE RECENTLY HAD TO CHECK MYSELF TO MAKE SURE I SENT UP PRAYERS TO THE LORD FIRST AND FOREMOST AFTER MY SON'S FIRST LITTLE SICKNESS CAME ALONG. THE SCRIPTURE SAYS IN DEUTERONOMY 32:39 "SEE NOW THAT I, EVEN I, AM HE, AND THERE IS NO GOD WITH ME: I KILL, AND I MAKE ALIVE; I WOUND, AND I HEAL: NEITHER IS THERE ANY THAT CAN DELIVER OUT OF MY HAND". ALSO, SIRACH 38:18 SAYS "FOR OF HEAVINESS COMETH DEATH, AND THE HEAVINESS OF THE HEART BREAKETH STRENGTH."

NOW WE ALL KNOW EVERYTHING ISN'T ALWAYS GOING TO BE GOOD. WE WILL HAVE SOME DAYS WHERE OUR CHILDREN GET SICK OR HURT FROM PLAYING OUTSIDE, IT HAPPENS. MOMMAS, IT'S GOING TO BE ALRIGHT! JOB 2:10 SAYS "BUT HE SAID UNTO HER, THOU SPEAKEST AS ONE OF THE FOOLISH WOMEN SPEAKETH. WHAT? SHALL WE RECEIVE GOOD AT THE HAND OF GOD, AND SHALL WE NOT RECEIVE EVIL? IN ALL THIS DID NOT JOB SIN WITH HIS LIPS". WITH THAT BEING SAID, TRIALS WILL COME YOUR WAY! ON THE OTHER HAND, PLENTY OF MORE EXPERIENCES ARE HAPPENING IN MY LIFE OF MOTHERHOOD. I'VE RECENTLY EXPERIENCED MY BABIES FIRST TOOTH! I WAS IN SHOCK BECAUSE IT LITERALLY HAPPENED ONE DAY TO THE NEXT IN TERMS OF HOW IT JUST POPPED OUT. AT FIRST, I WAS LIKE HMM WHAT IS THIS SHARP THING AND WHEN I OPENED HIS MOUTH TO VERIFY, IT WAS A TOOTH!

LIKE I'VE PREVIOUSLY MENTIONED, I'M NOT SURE IF IT'S JUST BECAUSE HE IS MY FIRST SON BUT I GET EXCITED ABOUT EVERYTHING NEW HE DOES. WHEN I SAW THAT FIRST TOOTH Y'ALL, I WAS LIKE OH MY GOODNESS IT CAME OUT! HOWEVER, LIKE MY SISTERS HAVE WARNED ME, THIS STAGE IS ONE OF THOSE TO PREPARE FOR WITH FEVERS AND FUSSINESS. ALL IN ALL, FAMILY HERE WE GO. LET'S KEEP THESE LAWS, FAITH IN CHRIST, AND ENDURE TILL THE END! SHALOM



### WHAT ARE SOME SNACK IDEAS FOR MY CHILD?

WHOLE GRAIN CEREAL OR OATMEAL WITH MILK  
BITE-SIZED PIECES OF LEFTOVER COOKED BEEF, CHICKEN OR TOFU AND SOFT COOKED VEGETABLES  
MILK OR YOGURT-BASED FRUIT SMOOTHIES IN AN OPEN CUP  
PLAIN YOGURT WITH PIECES OF SOFT FRESH FRUIT  
APPLESAUCE WITH WHOLE GRAIN CRACKERS OR ROTI  
GRATED OR SMALL CUBES OF CHEESE WITH WHOLE GRAIN CRACKERS  
A SMALL WHOLE GRAIN MUFFIN WITH FRESH FRUIT  
SMALL AMOUNT OF NUT OR SEED BUTTER SPREAD THINLY ON WHOLE GRAIN CRACKERS  
MASHED AVOCADO ON WHOLE GRAIN TOAST  
YOGURT AND FRUIT POPSICLES  
WHOLE GRAIN PITA BREAD TRIANGLES AND BEAN DIP

### HOW DO I HELP MY YOUNG CHILD EAT SAFELY?

CHILDREN UNDER THE AGE OF 4 ARE AT HIGHER RISK OF CHOKING THAN OLDER CHILDREN AND ADULTS. THEY HAVE SMALL AIRWAYS AND LESS CONTROL OVER SWALLOWING. ALWAYS STAY WITH YOUR CHILD WHILE THEY EAT AND DRINK. AVOID FEEDING YOUR CHILD IN A MOVING VEHICLE OR IN A STROLLER.

### TO PREVENT CHOKING:

WATCH YOUR CHILD AND MAKE SURE THEY SIT DOWN TO EAT OR DRINK  
ENCOURAGE THEM TO TAKE SMALL BITES AND TO CHEW THE FOOD WELL  
COOK OR GRATE HARD VEGETABLES LIKE CARROTS  
CHOP SOFT FRUIT INTO SMALL PIECES. REMOVE PITS, SEEDS AND TOUGH SKINS BEFORE SERVING  
REMOVE ANY BONES FROM FISH AND FLAKE BEFORE SERVING. YOU CAN RUB FISH BETWEEN YOUR FINGERS TO FIND AND REMOVE BONES  
CUT ROUND FOODS LIKE GRAPES, CHERRY TOMATOES AND HOT DOGS LENGTHWISE FIRST AND THEN INTO PIECES  
SPREAD SMOOTH PEANUT BUTTER THINLY ON TOAST OR CRACKERS OR STIR INTO WARM COOKED CEREAL  
DO NOT FEED YOUR CHILD FOODS WITH TOOTHPICKS OR SKEWERS



# Modest Fashion Fancying Femininity

BY SISTER ATARAH - H.O. OFC. GAMALIEL

SHALOM FAMILY! MOST HIGH IN CHRIST BLESS YOU ALL!  
I PRAY THAT YOU ALL ARE STAYING THE COURSE AND FOCUSING ON THE MISSION DAILY. IN SPECIFIC REGARD TO WOMEN, WE ARE GOING TO TALK ABOUT ANOTHER FACET OF OUR ROLES THAT OFTEN GETS PUSHED TO THE BACK OF OUR MINDS AS WE FOCUS PRIMARILY ON THE OTHER MANDATES OF LIFE, SUCH AS TAKING CARE OF OUR LORDS AND HOUSEHOLDS, RAISING THE CHILDREN, STUDYING, ETC., WHICH IS OUR FEMININITY. BELOW IS A BRIEF TIMELINE THAT GIVES A LITTLE OVERVIEW WHY WE ARE WHERE WE ARE IN MODERN TIMES.

**Past:** DURING SLAVERY WE WERE FOR SO LONG FORCED TO BE THE HEADS OF THE HOUSEHOLDS DUE TO THE INTENTIONAL REMOVAL OF OUR MEN FROM THE FAMILY. SLAVE OWNERS WERE VERY CALCULATED AND DIVISIVE IN DOING THIS, AS THEY KNEW THE OUTCOME WOULD BE THE DISMANTLING OF OUR STRONG FAMILY UNITS AND STRUCTURE. IN OLDEN TIMES, THERE WAS NEVER A QUESTION ABOUT WHO RAN THE HOUSE AND THE HIERARCHY WITHIN A FAMILY -- JUST AS 1 CORINTHIANS 11:3 EXPLAINS. AS A RESULT, OUR TRUST, DEPENDENCY, AND BELIEF IN OUR MEN WAS FRAGMENTED OVER TIME. WE HAD TO NOT ONLY BECOME DEPENDENT ON THE ENEMY, BUT WE ALSO HAD TO ASSUME THE ROLE OF THE MAN TO SURVIVE.

**Present:** OVER 400 YEARS AFTER THE TRANS-ATLANTIC SLAVE TRADE AND OUR PEOPLE BEING SCATTERED TO THE FOUR CORNERS OF THE EARTH, AND THE SAME ABHORRENT MINDSET HAS BEEN CEMENTED WITHIN US, SO MUCH SO THAT THE THOUGHT OF REVERTING BACK TO THE WAY TMH INTENDED THINGS TO BE INSIGHTS HOSTILITY AND ANGER. THAT IS HOW BADLY WE HAVE BEEN CONDITIONED BY THE EFFECTS OF SLAVERY AND COMING INTO THE TRUTH IS OUR FIRST REAL INTRODUCTION AND UNDERSTANDING OF HOW TO CORRECT OURSELVES TO BE PLEASING TO THE LORD AND OUR LORD. THE PROCESS IS NOT AN OVERNIGHT THING AND IT TAKES SOME MISTAKES IN ORDER TO GET IT RIGHT, BUT OUR COMMITMENT TO KEEPING THE LAWS, STATUTES, AND COMMANDMENTS OF TMH AND THE PROMISE OF THE KINGDOM SHOULD BE ENOUGH TO FUEL US TO KEEP GOING, EVEN AFTER WE FALL. NOWADAYS, WE HAVE BEEN MADE SO HARD AFTER CENTURIES OF BEING FORCED TO ASSUME A ROLE THAT WAS NEVER INTENDED FOR US, THAT WE'VE LOST OUR FEMININITY, DELICATENESS, SUBMISSIVENESS, AND WE NO LONGER UNDERSTAND THAT OUR MEN AREN'T LOOKING FOR HOMEBOYS, RATHER WIVES. THEY NEED FOR US TO BE THE JOYFUL, PLEASANT, SOFT-SPOKEN WOMEN TO HELP THEM GET THE KINGDOM.

**Future:** HAVING ACKNOWLEDGED THE COMPONENTS THAT WENT INTO STRIPPING US OF OUR FEMININITY AND SOFTNESS, WE NOW MUST WORK HARD TO SHED THAT BABYLONIAN MINDSET AND MASCULINITY. SISTERS: BURN THOSE PROVERBIAL PANTS AND EMBODY YOUR ROLE! LOOK TOWARDS THE EXAMPLES OF BIBLICAL FEMININITY

- ABIGAIL'S GOOD UNDERSTANDING AND BEAUTIFUL COUNTENANCE ARE WHAT SPARED NABAL'S LIFE. JUDITH'S BEAUTY AND SOFTNESS AWED THE NATIONS AND TMH USED HER TO SAVE THE LIVES OF THE ISRAELITES. ESTHER USED HER FEMININE CHARM AND ELOQUENT SPEECH TO APPROACH HER LORD AND THWART A HEINOUS PLAN TO SLAUGHTER HER PEOPLE. IN THE BIBLE, EVEN HARLOTS MADE THEMSELVES, THEIR BEDS, AND THEIR BODIES APPEALING AND KNEW THE POWER OF FEMININITY. HOW MUCH MORE OUGHT WE TO DO NOW THAT WE HAVE SOME UNDERSTANDING.

**Tips:** ACTIONS EXPRESS PRIORITIES - PERIOD. YOU CANNOT SAY THAT SOMETHING IS IMPORTANT TO YOU AND YOU NEVER PUT FORTH THE TIME OR THE EFFORT TO GROW IN YOUR UNDERSTANDING OR APPLICATION; WHETHER THAT BE STUDYING THE BIBLE, STUDYING YOUR LORD TO BECOME LIKEMINDED AND AN EXTENSION/REFLECTION OF HIM, STUDYING SCHOOLWORK, ETC. A FEW TIPS TO HELP YOU GET STARTED ON BECOMING A BETTER, MORE FEMININE YOU:

- S.P.A. - PSALMS 111:10; JAMES 1:5; SIRACH 14: 20 - 21
  - USE YOUR RESOURCES! IT IS 2020, AND THE INTERNET IS A FEW CLICKS AWAY FROM PULLING UP ANYTHING YOU SEARCH. MAKE IT A POINT TO ATTEND TITUS 2 CHATS & WATCH VIDEOS ON MODESTY, FEMININITY, ELEGANCE, ETC., AND ALWAYS FILTER THE INFORMATION THROUGH THE SCRIPTURES. TAKE NOTES AND REVISIT THEM THROUGHOUT THE WEEK.
  - MAKE THE CONSCIOUS EFFORT TO APPLY THESE PRINCIPLES IN YOUR SPEECH, DRESS, AND SELF-CARE.
1. ELIMINATE MASCULINE SLANG (E.G., "BRUH") AND CUSSING
  2. AROUND THE HOUSE, MAKE THE EFFORT TO DRESS MORE FEMININELY AND PUT AWAY THE BIG SWEATSHIRTS, BAGGY SKIRTS, WORN-OUT DRESSES, ETC.
  3. DO MORE TO YOUR HAIR THAN STUFF IT UNDER A TART HEADSCARF EVERY DAY
  4. PERFUME/BODY OIL GOES A LONG WAY, AS WELL. EVEN SOMETHING AS SIMPLE AS FINGER/TOENAIL POLISH AIDS IN MAKING YOU LOOK AND FEEL MORE LIKE A WOMAN.

## HAIR DYES AND THE RISK OF BREAST CANCER

BY SISTER SHIPHRAH UPHAZ (HOUSE OF OFFICER SHEM)

### THE CAUSE

THERE IS A SAYING THAT THE GRASS IS GREENER ON THE OTHER SIDE, BECAUSE IN A LOT OF US WHAT THE MOST HIGH HAS GIVEN TO US IS NOT ENOUGH. WE DON'T REALIZE THAT BEING A SPECIAL PEOPLE IS JUST THAT. CAUSES ARE WE WERE TAUGHT THAT OTHER NATIONS WERE BETTER, SO WE HAVE SELF HATE, COVETOUS, LOW SELF ESTEEM ETC, BECAUSE WE WERE ROBBED OF OUR HERITAGE AND IN THAT WE STRUGGLE WITH IDENTITY.

**PROVERBS 3:31** ENVY THOU NOT THE OPPRESSOR, AND CHOOSE NONE OF HIS WAYS.....

### THE EFFECT

PERMANENT HAIR DYE, AND RELAXERS COULD INCREASE RISK OF BREAST CANCER. A NEW STUDY AS OF FEBRUARY 10, 2020 FOUND IN ARTICLE BY FIRST COAST NEWS THAT A STUDY BY NATIONAL INSTITUTES OF HEALTH (NIH), WHICH LOOKED AT DATA FROM ABOUT 50,000 WOMEN WHO EACH HAD A SISTER WITH BREAST CANCER: FOUND WOMEN WHO REGULARLY USED PERMANENT HAIR DYE IN THE YEAR PRIOR TO ENROLLING IN THE STUDY WERE 9% MORE LIKELY THAN WOMEN WHO DIDN'T TO DEVELOP BREAST CANCER. BLACK WOMEN WHO USED PERMANENT HAIR DYES EVERY FIVE TO EIGHT WEEKS HAD A 60% INCREASED RISK, WHILE WHITE WOMEN HAD AN 8% INCREASED RISK. HAIR DYE WASN'T THE ONLY RISK FACTOR, THE RESEARCH DID NOT TAKE INTO ACCOUNT WHAT CHEMICALS WERE IN THE HAIR PRODUCTS THESE WOMEN USED REGULARLY AS WELL, WE JUST ASKED ABOUT HAIR DYE IN GENERAL. SOME OF THE HAIR PRODUCTS THAT ARE MARKETED TO AFRICAN-AMERICAN WOMEN HAVE A HIGHER CONCENTRATION OF HORMONE-DISRUPTING CHEMICALS," RESEARCHER SAMIAN SAID. "ALSO HAIR STRAIGHTENERS HAVE A LOT OF FORMALDEHYDE, SO LIKE THE BRAZILIAN KERATIN HAIR PRODUCT THAT'S VERY GOOD AT HAIR STRAIGHTENING, IT'S FULL OF FORMALDEHYDE WHICH IS CANCER-CAUSING. HERE WE SEE THAT THE LAW ONLY APPLIES TO US LOOK AT OUR RISK RATE VERSUS OTHER NATIONS. WE HAVE TO NOT GET CAUGHT UP IN HOW PRODUCTS ARE MAKING OUR HAIR FEEL AND LOOK LIKE OTHER NATIONS. WE HAVE TO EMBRACE THE CHARACTERISTICS OF OUR FATHER ( REV 1:14 HIS AND HIS HAIRS WERE LIKE WHITE WOOL, AS WHITE AS SNOW) NO MORE ALTERING BUT CHERISHING AND LOVING OURSELVES AS DAUGHTERS OF SARAH.

### SOLUTIONS

USE NATURAL HAIR PRODUCTS - READ THE LABEL, LOOK FOR PLANT BASE INGREDIENTS NOT PETROLEUM ALSO AVOID PRODUCTS THAT HAVE PLACENTAL EXTRACTS. ESTROGEN IS ASSOCIATED BREAST CANCER.

TEMPORARY - INSTEAD OF CHEMICALS FIND TEMPORARY HAIRSTYLES THAT CATER TO YOUR COILS, TWO STRAND TWIST, UP-DOS, AFROS, WASH AND GO, HEAD WRAPS ETC. LET YOUR HAIR NATURALLY EXPRESS ITSELF (WHO ARE YOU).





# Career Goals

BY: REBEKAH ISRAEL

SHALOM AND WELCOME BACK TO BLOOMING IN THE TRUTH. FIRST OFF, I WOULD LIKE TO SAY CONGRATULATIONS TO THE CLASS OF 2020. NOW THAT HIGH SCHOOL IS FINISHED, IT IS TIME TO START PLANNING FOR YOUR FUTURE. TO DO THIS YOU NEED A PLAN. YOUR PLAN SHOULD COVER THESE MAIN POINTS:

- WHAT CAREERS AM I INTERESTED IN?
- DO I HAVE A BACKUP CAREER?
- WHAT COLLEGE WILL I BE ATTENDING? IS THE COLLEGE GOING TO BE ONLINE OR WILL IT OPEN BACK UP FOR THE PUBLIC?
- DO I HAVE ENOUGH MONEY TO PAY FOR TUITION, FEES, ROOM AND BOARD, BOOKS, SUPPLIES, TRANSPORTATION, AND PERSONAL EXPENSES? (THIS INCLUDES SCHOLARSHIPS/GRANTS, LOANS, OR MONEY SAVED ASIDE.)

THERE ARE MANY OTHER POINTS YOU WILL NEED IN A CAREER PLAN, BUT FOR NOW HERE IS THE BASIC PLAN. SO, WITHOUT FURTHER ADO, HERE WE GO:

## 1. WHAT CAREERS ARE YOU INTERESTED IN?

YOU WOULD NEED TO FIND MULTIPLE CAREERS YOU ARE INTERESTED IN, BASED OFF YOUR SKILL SETS. ALSO, WHEN CHOOSING A CAREER, BE REALISTIC. DON'T GO BASED OFF SOMEONE ELSE'S OPINION. REALLY THINK ABOUT YOUR CAREER CHOICES. TRY TO FIND AT LEAST FIVE CAREER CHOICES AND LIST THEM FROM #1 BEING THE TOP CHOICE AND #5 BEING THE LEAST CHOICE. HAVING MULTIPLE CAREER OPTIONS GIVES YOU A BACKUP PLAN IF THE OTHERS DO NOT WORK OUT. YOU WILL ALWAYS HAVE SOMETHING TO FALL BACK ON. FIND CAREERS THAT YOU ENJOY. (IF YOU STILL NEED HELP, TRY USING THIS LINK TO SEE WHAT YOU ARE INTERESTED IN AND GOOD AT.)

[WWW.MYNEXTMOVE.ORG/EXPLORE/IP](http://WWW.MYNEXTMOVE.ORG/EXPLORE/IP)

(YOU CAN STOP AT THE "INTEREST PROFILER RESULTS" SECTION.)

MY NEXT MOVE

## 2. RESEARCH TIME.

IT IS TIME TO START RESEARCHING THE DIFFERENT TYPES OF CAREERS. GATHER AS MUCH INFORMATION THAT YOU'LL NEED TO KNOW FOR EACH CAREER. YOU CAN MAKE A WORD DOCUMENT OR EXCEL SHEET TO ORGANIZE THE INFORMATION. SOME PIECES OF INFORMATION THAT YOU WILL NEED ARE:

- NAME OF CAREER AND WHERE YOU PLACED IT ON THE SCALE OF 1 TO 5.
- WHAT DOES AN AVERAGE DAY IN THAT FIELD LOOK LIKE?
- WHAT LEVEL OF EDUCATION WILL YOU BE NEED?
- IF YOU'RE GOING TO COLLEGE, YOU WILL NEED TO CREATE A TABLE OF WHERE THE DIFFERENT COLLEGES ARE LOCATED, WHETHER THEY WILL REMAIN ONLINE OR OPEN BACK UP, TUITIONS/FEES, SCHOLARSHIPS/GRANTS, AND/OR MONEY SAVED ASIDE. (YOU ALSO MAY WANT TO SCHEDULE A TOUR FOR THE COLLEGES. MOST OF THEM ARE ONLINE ANYWAY.)
- AVERAGE AMOUNT OF SALARY YEARLY/HOURLY?
- (USE THIS LINK TO SEARCH UP THE CAREER YOU WOULD LIKE TO PURSUE. THIS LINK WILL SHOW YOU WHAT SKILLS, KNOWLEDGE, ABILITIES, AND EDUCATION YOU WILL NEED. IT WILL ALSO SHOW AN AVERAGE AMOUNT OF SALARY YEARLY/HOURLY.)

[WWW.MYNEXTMOVE.ORG/](http://WWW.MYNEXTMOVE.ORG/)

- REPEAT STEPS 1-6 FOR EACH CAREER CHOICE.

## Career Checklist

1. What careers are you interest in?



2. Research Time.



3. Saving up Money



IT IS A LOT OF WORK, BUT WHEN YOU ARE DONE YOU WILL HAVE A BREAKDOWN OF EACH CAREER AND UNDERSTAND WHAT YOU WILL BE DEALING WITH. NOW THAT YOUR RESEARCH IS DONE, LOOK THROUGH ALL OF YOUR INFORMATION. SOME INFORMATION MAY BE NEW TO YOU AND SOME MAY NOT.

YOU MAY EVEN WANT TO SWITCH CAREERS, WHICH IS OKAY. TALK TO YOUR PARENTS OR GUARDIANS FOR MORE ASSISTANCE.

## 3. SAVING UP MONEY

AFTER YOU HAVE COMPLETED YOUR RESEARCH, CHOOSE YOUR #1 CAREER CHOICE. YOU MAY NEED TO START SAVING UP MONEY. THE PLAN IS TO SAVE UP ENOUGH MONEY FOR THE DURATION OF YOUR TIME IN COLLEGE. THAT INCLUDES:

- FEES
- BOOKS AND SUPPLIES
- ROOM AND BOARD (APARTMENT, DORM, AND ETC.)
- TRANSPORTATION
- FOOD AND PERSONAL EXPENSES
- PAYING OFF SOME OF THE TUITION.

YOU MIGHT HAVE TO FIND A PART TIME/FULL TIME JOB TO SAVE UP MONEY. YOU CAN ALSO WRITE ESSAYS TO GET SCHOLARSHIPS, SOME SCHOOLS OFFER THESE SCHOLARSHIPS TO THEIR STUDENTS. REMEMBER TO READ THE GUIDELINES OF THE SCHOLARSHIPS, SOME OF THEM ARE ONLY FOR BOOKS AND SUPPLIES, SOME ONLY TUITION, AND SOME ONLY FOR ROOM AND BOARD. IF YOU DO GET A FULL PAID SCHOLARSHIP, CONGRATS! ALL YOU MUST DO IS SAVE UP FOR ROOM AND BOARD,

TRANSPORTATION, AND FOOD/PERSONAL EXPENSES. YOU CAN ALSO APPLY FOR "FEDERAL STUDENT AID" OR "NAACP", FIND GRANTS, OR APPLY FOR A LOAN. THE DECISION IS BETWEEN YOU AND YOUR PARENTS OR GUARDIANS TO DISCUSS. REMEMBER EVERYTHING TAKES TIME, SO BE PATIENT.

## Ecclesiastes 3:1

*"To every thing there is a season, and a time to every purpose under the heaven:"*

## 4. SYNOPSIS

GREAT, THAT IS THE BASIC THREE-STEP PLAN FOR YOUR FUTURE CAREERS. NOW REMEMBER, ANYTHING CAN HAPPEN BETWEEN NOW AND THEN. YOUR PLAN MAY CHANGE AS TIME GOES ON, SO BE READY FOR ANY FUTURE CIRCUMSTANCES. AND WITH THAT HERE IS A REVIEW:





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